

The Advantages of Electricity in the House Plan

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

IN building the house of to-day careful provision must be made for wiring and the use of electricity in the home. Not only should plans be made which include the lighting, but the use of electricity in connection with other utilities, such as washer, electric iron, heating units and table accessories.

Anyone who has overseen or followed the wiring of a house will know how necessary it is that the plan be fully developed before making the actual connections, locating the outlets, etc. The heavy cable used to enclose the wires is laid behind the finishing walls. Much expense is saved if the outlets, plugs, switches are well planned and so indicated on the blue print of the house diagram.

Great strides have been made in artistic and restful lighting of the home. The preferred method today is what is called the "indirect"

lighting, where an inverted bowl is used as a central unit and the bulbs concealed in this bowl. Here the light is directed against the ceiling, from which it is reflected back and softly diffused over the room. Such a central unit provides what we call "general" lighting. In the case where such diffused light is not sufficient it must be assisted by either side wall lights in the room or by separate unit lamps located at special points as reading table, piano, etc.

Nothing is more out of taste than any kind of fixture which exposes the bulbs to the gaze and also creates a harmful, distracting light to the eyes. In many small rooms, particularly the bedroom, there is no need for a central fixture or drop at all—the effects may be far better secured by side units or table lamps connected with base-board outlets. Side wall or base plug fixtures are less expensive than central units, besides being more artistic and desirable from the point of view of eye-health. All such outlets should be well studied and located on the house plan.

From the housekeeper's point of view, the wiring should provide for all outlets which she may need in connection with utilities. It is no longer desirable or necessary to have to attach a washing machine, percolator or similar utility to the electric light socket. The high, dangling cord is awkward, unsightly and the danger of removing the bulb to insert a utility considerable. Even a two-way socket is not as good as a two-way plug or three-way base plug, located in the base-board near the floor. The housekeeper may desire one of these in the living-room base-board so that she can easily attach a vacuum cleaner.

In the dining-room she can plan for a very desirable connection at the dining table if she locates such an outlet in the floor in advance. It is possible to operate toaster, percolator and table stove all at the same time and very gracefully by providing the right floor outlet in the plan. Another place is to have a wall outlet in the kitchen, above or near the kitchen table. Thus it will be an easy matter to operate any electric chopper, mixer or cooking unit, so often desirable in light housekeeping. If a dish-washing machine is contemplated, put a wall outlet near the sink.

Any system of home wiring will probably include the use of call bells throughout the house, and it is only a step to install the most convenient "inter-phones" between upper and lower stories. A set of such phones cost very little, and the value in comfort and convenience to the housekeeper can hardly be estimated. By placing one phone in the kitchen or rear hall and the other in an upper hall one

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cream Sauce Omelet, Stewed Tomatoes, Rice Muffins, Coffee. Luncheon Brunswick Stew, Golden Corn Cake, Baked Apple and Lettuce Salad, Tea. Dinner Creamed Fish in Scallops Shells, Green Peas, Carrots, Spiced Blackberries, Stewed Figs with Lemon Jelly, Coffee.	Breakfast Oranges, Chicken Griblets on Toast (left from Stew), Buttered Toast, Coffee. Luncheon Corn and Oyster Fritters, Heart Lettuce Salad, Rohs, Rhubarb Foam. Dinner Beef Balls, Duchess Potatoes, Dandelion Greens or Turnip Salad, Dried Apricot Charlotte.	Breakfast Sliced Pineapple, Fried Beef, Twin Mountain Muffins, Butter. Luncheon Individual Asparagus and Cheese Souffles, Cress, Prune and Nut Salad, Tea. Dinner Buttered Spinach with Stuffed Eggs, Tomato Catsup, Lemon Cream Pie.	Breakfast Steamed Figs, Spanish Omelet, Gluten Muffins, Coffee. Luncheon Broiled Tripe, Creamed Potatoes, Jellied Philadelphia Relish, Tea. Dinner Cannelloni of Beef, Brown Sauce, Boiled Rice, Buttered Cauliflower, Caramel Cucumber Cornmeal Pudding, Coffee.	Breakfast Sliced Bananas, Top Milk, French Toast, Peach Butter, Coffee. Luncheon Potato Chowder, Toast Strips, Apple Sauce with Lemon, Dinner Fruit Cup, Cadgerie of Salmon, Green Peas, Mixed Pickles, Orange Tarts.	Breakfast Stewed Fruit, Broiled Pork Chops, Creamed Potatoes, Muffins, Coffee. Luncheon Milk Toast, Raisins, Dinner Beans in Earthenware Pot, Tomato Relish, Apple, Celery and Nut Salad, Cheese Wafers, Tea.	Breakfast Berries, Scrambled Eggs, Broiled Bacon, Toast, Coffee. Dinner Southern Fried Chicken, Cream Gravy, Boiled Rice, Buttered Brussels Sprouts, Lettuce and Orange Salad, Half Cup Coffee. Supper Deviled Crabs, Sauce Tartare and Rolls, or Waffles and Honey, Coffee.

is enabled to give directions, messages and to save running up and down stairs or calling through the house. In large homes, with considerable service, a switchboard in the rear hall will duplicate the efficiency of the institution where a system of bells and calls is used.

Outlets should be provided in the laundry. How very few laundries ever have a well-located light, which will permit ironing late in the Winter afternoon or at night! Such an outlet should be so placed that it throws a good light directly on the stationary ironing-board. There should also be a wall outlet which will permit washing machine, iron or ironer to be connected. Do not forget necessary outlets in the cellar, one near the furnace, one to show up the coal supply, one near any food storage or wherever necessary to make work in the cellar as safe and convenient as in any other room in the house.

Now that we are using our porches so considerably as outdoor living rooms, we must not forget one or two outlets at this point. Whereas many homes have a central light on the porch roof operated from a switch indoors, in order to light the porch while guests arrive or depart, it is equally desirable to provide another outlet here. This is, preferably, a two or three way plug located on the porch wall at a height of about three feet. Such a plug will enable the electric utilities like percolator, toaster, etc., to be used on the porch dining table, as is so often convenient and pleasant to do in Summer. It will also make easy the use of a table reading lamp in Summer, which is impossible to have if the only porch light is the ceiling outlet operated by an indoor switch.

I have spoken of a base plug in the bedroom. This had also better be a two or three way plug, so that it will make possible the easy use of a small electric heater, which is often desirable in cold weather. In cases of illness, also, there are many times when one wishes to use an immersion heater, electric heating pad or blanket, baby bottle warmer, etc. Such an outlet is best placed not far from the space allotted for the bed or reading table.

In addition, the bedroom should be provided with excellent wall lighting which will permit the most direct light on the mirror. Or a portable boudoir lamp connected with the base plug will serve the same purpose. The bedroom provided with only a central drop or unit is a horror and most unsatisfactory to the one desiring good light for the toilet.

As I have often suggested, kitchen lighting should be thoroughly studied. Until very recently the kitchen was never provided with anything but the single drop-light on a central cord. Nothing could be more inefficient because such a light serves only to throw her own shadow in front of the worker, and no direct light where it is needed. If the kitchen is about nine by twelve feet locate two lights as wall lights. Place one above and to the left of the sink, and the other above and to the left of the stove. Provide each with a flexible white enameled shield or reflector; thus the light may be directed on the exact spot where the brightest light is needed.

In the wiring plan do not forget that large closets are improved by having an electric drop light or wall outlet in them. How many of us have fumbled in the dark, looking for some particular garment or box, when a simple drop light on a cord would have enabled us to find the object desired quickly and conveniently. Any closet, attic, pantry or other space should have lighting facilities. The lighting of a barn or garage or any form of outbuilding should be included in the general building plan.

Particular attention should be paid to the matter of switches on the stairs. There is no excuse for having to go up into a dark hall or other dark space when it is so easy to install a switch at the lower end. In many houses either

the second floor or the third floor, or the cellar; particularly, needs a switch so that light may be thrown on in advance. These, too, must be provided carefully in the first place, for while easy and inexpensive to add before the walls are finished, they are very difficult to include in the finished building, or, if so included, they mean unsightly display of wiring.

Excellent help is given the prospective home builder by visiting the show rooms of the wiring contractor, the dealer in electrical supplies, fixture show rooms, and also the offices of the electric light-

ing companies. Other concerns manufacturing special forms of lighting units, such as the inverted method; concerns making duplex shades, and electric novelties, as well as exhibits of rooms and model houses wherever they are maintained, will give the home builder practical and helpful ideas.

On satisfactory lighting and convenient outlets depend much of the health and efficiency of the modern home. Those contemplating building can hardly spend too much time on the subject and seeing that it is well handled in connection with their building plan.

Tested Cooking Recipes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

Salmon Loaf.

MELT ½ pound flaked cooked salmon with ½ cup grated bread crumbs, 1 well-beaten egg, 4 tablespoons milk or stock, a few drops of lemon juice, ¼ teaspoon onion juice, ¼ teaspoon finely chopped parsley, ¼ teaspoon salt and ¼ teaspoon paprika. Turn into greased mold and set in pan of hot (not boiling) water and cook very gently until the centre is firm.

Cottage Cheese Salad.

WORK into 2 cups of fresh cottage cheese ¼ tablespoon onion juice, 1 tablespoon finely chopped green pepper, 1 tablespoon finely chopped parsley, 1 tablespoon finely chopped pimientos and enough thick sweet cream to make a stiff paste. Pack into a mold and chill on the ice. Slice and serve on crisp heart lettuce leaves with mayonnaise or Bressin French dressing.

Oyster Souffle.

PARBOIL ½ cup oysters, drain, cool and chop. Melt 2 tablespoons butter, add 2 tablespoons flour and blend well. Add ½ cup oyster liquid, stirring constantly until smooth. Season with salt, pepper and a few drops of onion juice. Add the well-beaten yolks of 3 eggs and cook very gently to see the eggs slightly. Add the chopped

oysters and fold in the stiffly beaten whites of 3 eggs. Turn into a greased baking dish, set in pan of hot (not boiling) water and cook very gently until the centre is firm.

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One man says: "I was almost blind—could not see to read at all. Now I can read everything without my glasses and my eyes do not hurt any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me."

A lady who used Bon-Opto says: "The atmosphere seemed hazy with or without glasses, but after using Bon-Opto for fifteen days everything seems clear. I can read every fine print without glasses." Another who used it says: "I was bothered with eyestrain caused by over-worked, tired eyes, which caused violent headaches. I have worn glasses for several years both for distance and close work and without them I could not read my own name on an envelope, or the typewriting on the machine before me. I can do both now and

have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street, now, which for several years looked like a dim blur to me. I cannot express my joy for what Bon-Opto has done for me."

It is believed that thousands who wear glasses will be able to discard them in a reasonable time and others will be able to strengthen their eyes and be spared the trouble and expense of getting glasses. If you have trouble with your eyes and want relief, go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet into a fourth of a glass of water; with the liquid bathe the eyes as directed. You will notice your eyes clear up right from the start and inflammation and redness will quickly disappear. If you eyes bother you even a little it is your duty to care for them now before it is too late. Many now hopelessly blind might have saved their sight if they had cared for their eyes in time.

Note: A prominent physician to whom the above was shown said: "Yes, Bon-Opto is truly a wonderful eye remedy. Its ingredients are well known to eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or night glasses. It is a preparation I feel should be kept on hand for first aid in every family." Bon-Opto is not a secret remedy or a patent medicine. It is an ethical preparation guaranteed by the manufacturer. The manufacturer's name is printed on the package. The manufacturer guarantees it to strengthen eyesight 50% in a week's time in many instances or your money will be refunded. Bon-Opto is sold by all good druggists.

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